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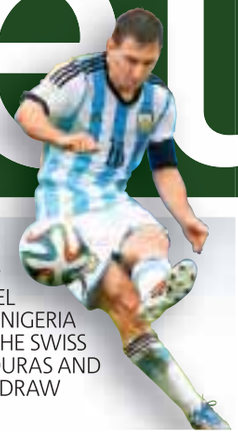

MESSI-ANIC COMPLEX

ARGENTINE SUPERSTAR STRIKER LIONEL MESSI SCORES TWO IN 3-2 WIN OVER NIGERIA TO ADVANCE TO THE NEXT ROUND, THE SWISS ADVANCE WITH 3-0 WIN OVER HONDURAS AND FRANCE MAKES IT THROUGH WITH A DRAW AGAINST ECUADOR PAGE 19

U Ottawa ices hockey program

Men's varsity team suspended, coach fired after gang sex assault alleged PAGE 5

Deadly blast hits mall

At least 21 were killed after extremists attacked a shopping centre in Nigeria PAGES 6 & 7

IT'S A CORNER GAS, GAS, GAS

Actors Lorne Cardinal, leaning on the truck at left, and Fred Ewanuick, who play veteran police officer Davis Quinton and community deadbeat Hank Yarbo, respectively, shoot a scene as production of Corner Gas: The Movie continued on Wednesday in Regina's Cathedral Village. Both actors, inset, say they are glad to be back working in Saskatchewan and are overwhelmed by the support they've received from residents. Story, page 3. SARAH TAGUIAM/METRO

Rate hike for natural gas to kick in Tuesday

'Just a case of the market:' Minister. SaskEnergy says the move was needed because of increased demand due to the long, harsh winter

Saskatchewan residents will soon pay more for natural gas.

The provincial government has approved SaskEnergy's application to increase its commodity rate by 26.7 per cent to $4.84 per gigajoule from $3.82 per gigajoule. That means an extra $9.57 a month for the average residential customer.

"I think it's important to remember here though, this is the first increase in six years and in that past six years there's actually been four decreases," Jim Reiter, minister responsible for SaskEnergy, said Wednesday at the legislature in Regina.

"This is just a case of the market: that's what the cost is for market; that's what flows through to the customer."

The delivery rate, the charge for getting natural gas to customers, is not changing. The delivery rate and commodity rate each account for about half of a bill.

SaskEnergy said it needed to raise rates because of increased demand due to this past extremely cold winter.

"It was a long cold winter and that had a big impact, certainly not just in Saskatchewan (but) right across the country," said Reiter.

"I looked to our neighbours to the west in Alberta, where they adjust monthly, and at a time that we were paying $3.80 a gigajoule, at times Calgary and Edmonton were paying in the neighbourhood of $9. Certainly, the market for natural gas can fluctuate quite a bit and I think this shows that."

The rate hike will kick in on Tuesday. Reiter said the adjustment gives customers time to prepare for higher gas consumption months that will start in the fall.

THE CANADIAN PRESS

Bump per month

$9.57

The increase in SaskEnergy's commodity rate by 26.7 per cent — to $4.84 per gigajoule from $3.82 per gigajoule — means an extra $9.57 a month for the average residential customer.

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8 Public Washrooms
9 Legislative Building (Tours Available, Inquire Inside)
10 21 Gun Salute Safety Perimeter (Effective 11:30 AM To 1:00 PM)
11 Information Signs
12 Food Service
13 Craft Vendors
14 Saskatchewan Science Centre
15 Scouts Canada (Games for kids)
16 Face Painting (Street Culture Kids)
17 Curbside Games (mobile gaming vehicle)
18 Subway (Prize Wheel)
19 Sasktel Street Team (Xbox Live)
20 Directwest (Giveaways)
21 SaskPower (Giveaways)
22 KAOS Dog Sport (Shows at 1:00 PM & 3:30 PM)
23 Bright Eyes Dog Resue
24 The Regina Volleyball Club (Games at 1 PM & 3 PM)
25 Food Bank (Drop off bins)
26 Dino Bouncers (Wipe Out Game)
27 Bike Regina Valet Parking
28 Strongman Competition (Starting at 1:00 PM)
29 Dragon Boat Demo
30 U of R (games, giveaways & Reggie)
31 Milk Mobile (Create your own poster)
32 Cirque Nova Circus
33 Plywood Cup
34 Wipeout Big Ball Challenge (Dino Bouncers)
35 Sepak Takraw
36 Regina Public Library
37 Sunday Art Market

* Activity areas may not be located exactly as shown and are subject to change.

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Tuesday, July 1st starting at noon – Wascana Centre

Treaty land agreements

Pasqua First Nation sues province

Pasqua First Nation is suing the Saskatchewan government in federal court for an alleged failure to comply with treaty land agreements.

In 2008, to resolve stipulations of Treaty 4, Pasqua and the government reached a settlement entitling the First Nation to purchase more than 6,600 acres that would be turned into reserve property, according to a news release.

According to the band, the province said at the time that it would make Crown land available for sale.

In 2012, Pasqua selected 13 quarter-sections in the Rural Municipality of Dufferin and two quarter-sections in the RM of Edenwold. The lands in Dufferin and Edenwold are near a K+S Potash and Vale mine, respectively.

Their request was denied by the government.

"Five quarter-sections of the land we chose in Dufferin were also sold to K+S when they should have been in discussion with Pasqua about the sale of those lands," Pasqua Chief Todd Peigan told Metro. "It's a violation of the agreement."

The province's denial prevents the band from earning revenue to support various community initiatives, he added.

"We could have leased those agricultural lands to farmers, acquired the minerals in those lands and made an agreement with the potash mines ... and benefit from the potash sharing act," Peigan said.

"We met with the province ... but they felt that there was no basis for our claims."

A government spokeswoman declined to give details on the province's position.

"Since the case is in front of the courts right now, it would be inappropriate for the Ministry of Justice to comment and give our perspective," said Linsay Rabyj.

SARAH TAGUIAM/METRO

Corner Gas: The Movie is boon to economy, producer says

Boost. Production is spending millions over the next eight weeks: official

Corner Gas: The Movie is well into filming in Regina — and while the activity is a treat to residents, it's also a boon to the economy.

That's according to executive producer Virginia Thompson, who said on Wednesday that the production is "spending approximately $4 million over the next eight weeks, so that's a good economic influx to Regina."

The cast and crew of Corner Gas: The Movie will film in southern Saskatchewan until July 23. So far, they have recorded scenes at Regina's Ukrainian Hall and at several sites in the Cathedral area, such as the Mysteria art gallery and Holy Rosary Cathedral.

Thompson said she's blown away by the public's enthusiasm for the film.

"Our (casting director) has so many people interested in participating that he has to figure out how to deal with the onslaught," she said.

Cast members Lorne Cardinal and Fred Ewanuick, who play veteran police officer Davis Quinton and community deadbeat Hank Yarbo, respectively, are equally delighted with the attention they've received.

"I had a drive-by shouting the other day: 'Hey Davis, love you,'" Cardinal told reporters.

Ewanuick said it's always been pleasant to work in Saskatchewan, going back to the beginning of the Corner Gas television sitcom in 2004.

"You can see it with the crew," he said. "Regina crew are like, 'Yeah, yeah we'll get that for you,' and back in Vancouver and Toronto it's very like, 'Oh no, that's not our department.'"

SARAH TAGUIAM/METRO

Launching a new pilot project

Mayor Michael Fougere, right, cuts a ribbon on Wednesday to open a Deveraux Homes show home on Green Apple Drive in southeast Regina. Lorne Yagelniski, president of Yagar Developments Inc., centre, and Deveraux President Dennis Jones joined the mayor in the opening of the house that has launched a pilot project involving secondary suites in detached buildings at single-family residences. The project includes 11 new houses, four of which have already been sold on Green Apple Drive. ROSS ROMANIUK/METRO

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Straight from the Super Bowl

Regina's Jon Ryan. Seahawks punter is at home for his annual charitable golf tournament Thursday

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

NFL punter Jon Ryan has returned to Regina with a shimmering and unmistakable addition to one of his fingers: a Super Bowl ring.

Ryan, a member of the 2013-14 champion Seattle Seahawks, is in his home town this week for the second edition of his annual charitable golf tournament to be held on Thursday.

On Wednesday, Ryan spoke of his journey from high school football to Super Bowl title.

"My father said, 'If you're good enough, they'll find you.' I always kept that in my head," Ryan, 32, said.

After high school at Sheldon-Williams Collegiate, he accepted an opportunity to play for the University of Regina Rams — leading to a draft selection by the CFL's Winnipeg Blue Bombers.

After two seasons in Winnipeg, Ryan made a risky move, deciding to spend an entire winter in Arizona to try to perfect his kicking game.

The gamble paid off when he signed a contract with the famed Green Bay Packers in 2006. He later moved to the Seahawks, who defeated the Denver Broncos in the Super Bowl game last February.

Proceeds from the Jon Ryan Charity Golf Classic go to the Bob Ryan Foundation, named after his late father. A scholarship through the foundation supports Rams players and those receiving treatment at the Allan Blair Cancer Centre.

"I've taken so much from this city," he said. "Through things like the Bob Ryan scholarship fund ... we're just trying to give back just that little bit."

Regina native, Seattle Seahawks punter and Super Bowl champion Jon Ryan — with a Seahawks '12th Man' fan flag as a backdrop — speaks at the luncheon on Wednesday in the Queen City as part of his charity golf tournament events. ROSS ROMANIUK/METRO

Saskatchewan, Ottawa ink gasoline tax deal

Saskatchewan Government Relations Minister Jim Reiter, left, and federal Agriculture Minister Gerry Ritz, on Wednesday. MARCO VIGLIOTTI/METRO

The government of Saskatchewan has reached an agreement with Ottawa on a renewed federal gasoline tax program that will provide an estimated $613 million in funding for municipal infrastructure during the next 10 years.

"The agreement ... will provide stable, predictable funding to help Saskatchewan municipalities build and revitalize their public infrastructure," Gerry Ritz, federal agriculture minister and MP for Battlefords-Lloydminster, said on Wednesday at a signing ceremony at the legislature in Regina.

The spending blueprint will grant about $292 million over the next five years to Saskatchewan municipalities for an expanded range of eligible projects, including sewage treatment facilities and road construction.

The decision to increase the number of categories, Ritz said, has been made to provide municipalities with greater flexibility in setting priorities.

The provincial government will be responsible for allocating the federal dollars to municipalities.

Reiter said the move to index funding for the program is an "important" measure to deal with creeping inflation rates.

However, the total cost of the province's share of the fund over the course of the agreement is undetermined. This is because allocations made between 2019 and 2024 will be based on population data from a 2016 census.

MARCO VIGLIOTTI/METRO REGINA

In numbers

Under the accord, Saskatchewan will receive $56.3 million in gas tax funding in 2014-15, based on the federal government's population-based formula.

That total will climb in subsequent years, with Ottawa pledging to increase funding by two per cent annually.

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University of Ottawa hockey program iced after sex assault probe

Men's varsity team. School's president calls conduct 'unacceptable', 2014-15 season suspended and coach fired after investigation

LUCY SCHOLEY
Metro in Ottawa

The University of Ottawa has suspended its men's varsity hockey program for the entire 2014-15 season and fired the team's coach following an internal investigation into allegations of a gang sex assault by players on a tournament trip to Thunder Bay.

University president Allan Rock would not divulge the details of the internal report during Wednesday's announcement, as there is a separate police investigation in the works.

"We know enough to say what happened there was unacceptable," he said.

However, the university did release a report of recommendations to improve school varsity sports, including updating the coaching handbook and conducting an annual review of all guidelines on athlete behaviour.

Rock said the coach was not involved in the alleged incident, but he had tried to discipline those students on his own.

Thunder Bay police say they've completed their investigation into the Jan. 30-to-Feb. 2 incident, are reviewing the case with the Crown and expect to make an announcement "of some sort in coming weeks."

Anne-Marie Roy, president of the Student Federation of the University of Ottawa, said she's happy the university is changing its policies, but added that more needs to be done to address rape culture on university campuses.

"I don't think that what's happening with the hockey team at the University of Ottawa is an isolated case," she said, adding that the vast majority of sexual assaults are unreported. "This is something that is experienced on other campuses, as well."

University of Ottawa President Allan Rock delivers a statement in Ottawa on Wednesday regarding the men's varsity hockey program.
SEAN KILPATRICK/THE CANADIAN PRESS

Meilleur. Ontario AG calls out MacKay over recent remarks about women

Add Ontario's attorney general to the list of people who have a bone to pick with Justice Minister Peter MacKay.

Madeleine Meilleur calls MacKay's recent remarks about female judges "very unfortunate" in this day and age — particularly when Ontario has elected its first female premier.

The Toronto Star reported that MacKay attributed the dearth of women on the bench to a lack of applications, reportedly linking that to a fear among women that they might be appointed to a circuit court, which entails more travel.

MacKay found himself in hot water again Tuesday over Mother's Day and Father's Day emails to staff — one saluting mothers for holding down two full-time jobs at home and at work, the other lauding dads for raising "the next generation of leaders."

Prime Minister Stephen Harper defended his justice minister Wednesday, saying MacKay's comments have been unfairly characterized as sexist.

Meilleur says there are very competent women in Ontario and Canada who are able to be judges and province's judicial bench is proof of it.

She noted that the chief justice of the Ontario Court of Justice is a woman.

THE CANADIAN PRESS

Privacy

Border agency cuts data retention to 15 years from 75

The federal border agency is bowing to privacy concerns by agreeing to slash the amount of time it will keep data on the cross-border movements of Canadians as part of a new security plan.

The Canada Border Services Agency says it plans to retain personal details gleaned from the Canada-U.S. initiative for 15 years — not 75 — following pressure from the federal privacy watchdog.

The tracking system involves exchanging entry information collected from people at the land border — so that data on entry to one country would serve as a record of exit from the other. THE CANADIAN PRESS

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Key to antibiotic resistance in the dirt?

A soil sample from Nova Scotia has yielded a compound that could help fight antibiotic resistance.

Researchers from McMaster University in Hamilton have discovered a fungus that produces a chemical that overrides the antibiotic resistance powers the dangerous NDM-1 gene gives to bacteria.

They liken the compound to an adjuvant, a chemical that enhances the power of vaccines.

Biochemistry professor Gerry Wright and his team have been looking in soil samples from around the country for bacteria and fungi that produce chemicals that might inhibit antibiotic resistance.

This early finding is published in this week's issue of the scientific journal Nature.

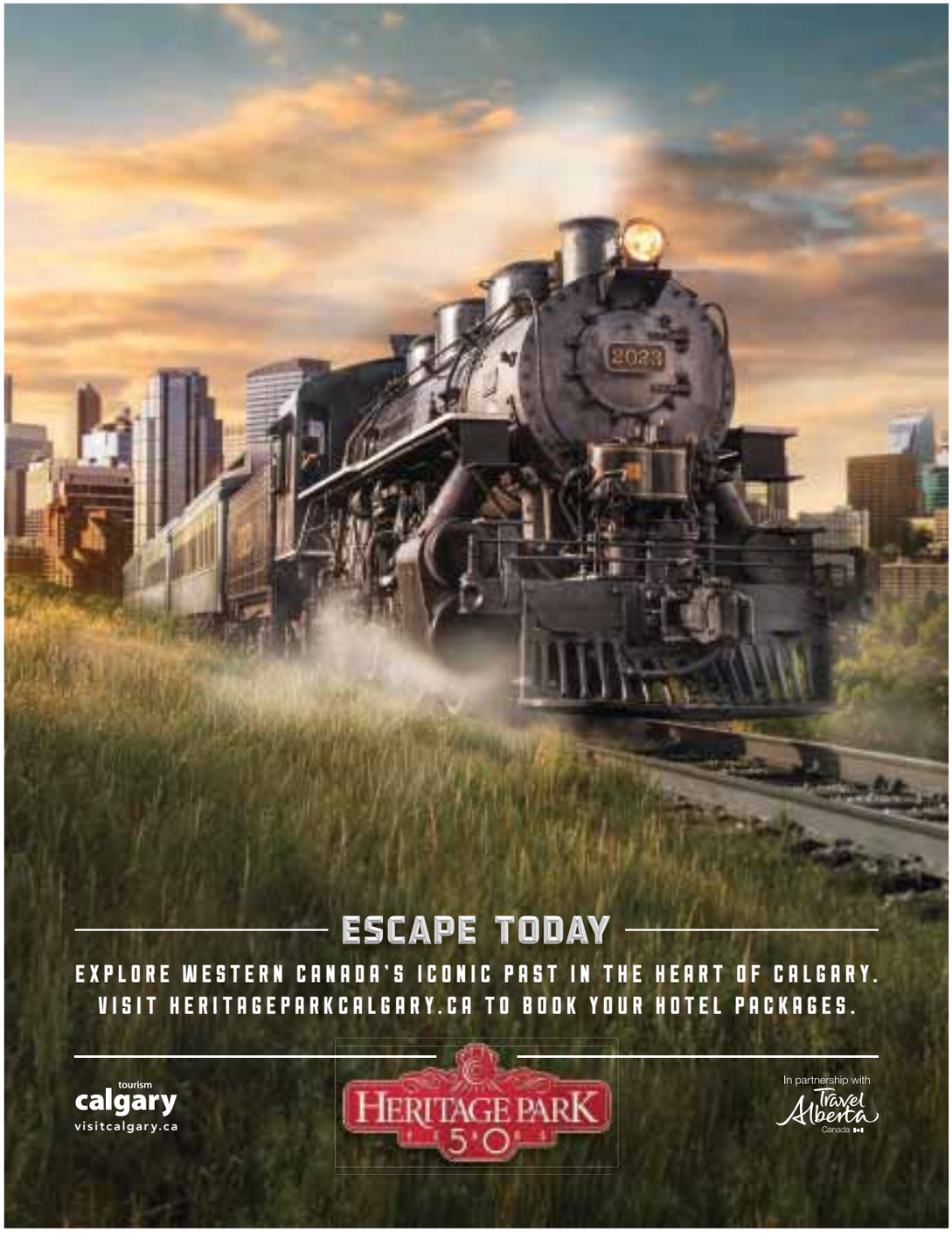
The McMaster team found the compound worked to resensitize resistant bacteria that contain the NDM-1 gene, and even cleared a resistant infection from a mouse.

Wright says the compound, called aspergillomarasmime A or AMA, interferes with the NDM-1 gene's source of zinc. The gene needs zinc to work.

Much testing remains to be done to see if this compound could be used safely and successfully in people. But the hope is it could be taken in combination with antibiotics to help prolong the lifespans of these critical infection-fighting drugs.

The rise of antibiotic resistance and the paucity of new antibiotics in the production pipeline have created fears that the world could be facing a future in which antibiotics no longer work.

THE CANADIAN PRESS



Rescue workers carry the remains of a person in a body bag after a explosion at a shopping ma

Attack on at least 21

17 wounded. Extremists bomb centre as people meet to watch World Cup

An explosion blamed on Islamic extremists rocked a shopping mall in Nigeria's capital, Abuja, and police said 21 people were killed.

The blast came as Nigerians were preparing to watch their country's Super Eagles play Argentina at the World Cup in Brazil. Many shops at the mall have TV screens but it was unclear if the explosion was timed to coincide with the match, which started an hour later.

Witnesses said body parts were scattered around the exit to Emab Plaza, in Abuja's upscale Wuse 2 suburb.

One witness said he thought the bomb was dropped at the entrance to the mall by a motorcyclist. All spoke on condition of anonymity for fear of reprisals.

Soldiers shot and killed one suspect as he tried to escape on a power bike and police detained a second suspect, government spokesman Mike Omeri said in a statement.

Billows of black smoke could be seen from a kilometre away, and police said 17 vehicles were burnt out in the blast.

"I heard the explosion and (felt) the building shaking," said Shuaibu Baba, who had a narrow escape. He said he rushed downstairs to find that the driver who had dropped him a few minutes earlier was dead. "I asked the driver to come with me, and he said 'No,' he would wait for me in the car."

Police Supt. Frank Mba said 17 people were wounded and 21 bodies were recovered.

It is the latest in a series of violent attacks blamed on Islamic extremists. Nigerian security forces appear incapable of curtailing the near-daily attacks concentrated in the northeast, where Boko Haram extremists have their stronghold.

On Tuesday night, extremists in the northeast attacked a military checkpoint and killed at least 21 soldiers and five civilians, witnesses and a hospital worker said Wednesday.

Abuja is in the centre of Nigeria and the militants have spread their attacks to the capital. Two separate explosions in Abuja in April killed more than 120 people and wounded about 200 at a busy bus station. Both were claimed by Boko Haram, which has threatened further attacks. THE ASSOCIATED PRESS

all in Abuja, Nigeria, Wednesday. OLAMIKAN GBEMIGA/THE ASSOCIATED PRESS

mall kills in Nigeria

People watch as smoke fills the sky after an explosion rocked a shopping mall in Nigeria's capital, Abuja, on Wednesday. Police say at least 21 people have been killed and 17 wounded. THE ASSOCIATED PRESS

Pacific Northwest

Orcas among most contaminated mammals: Report

Southern resident killer whales are among the world's most contaminated marine mammals, with pollutants particularly high in the youngest whales, according to information released Wednesday by U.S. scientists.

Biologists with the National Oceanic and Atmospheric Administration summarized a compilation of research findings that reveal the mysterious lives of a small population of endangered killer whales that frequent Puget Sound, off the northwestern U.S. coast.

The striking black and white whales have come to symbolize the Pacific Northwest and play an important cultural and spiritual role for many Northwest tribes.

THE ASSOCIATED PRESS

Nigeria

Man committed for being an atheist: Lawyer

A lawyer says a staunchly Muslim family in Nigeria has forced their son into a mental hospital for declaring himself an atheist.

Mubarak Bala, 29, says he is being drugged and held against his will in a psychiatric ward in Kano. Bala alerted people to his plight with tweets from a smuggled phone, saying his father beat him up and sedated him, and that when he awoke he was in the hospital. Bala describes his father as an Islamic leader who "can't afford to have a non-Muslim family member, so he declared me insane."

Lawyer Muhammad Bello Shehu says Bala's father said he committed his son for safety as he could be lynched for denying God exists.

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From the courtroom...

Phone-hacking trial wraps up

Britain's epic tabloid phone-hacking trial ended Wednesday with a hung jury on two final counts — and a judge's rebuke for Prime Minister David Cameron, whose televised comments about the case while it was still underway almost scuttled proceedings. THE ASSOCIATED PRESS

... to the theatre

Play on tabloid trial takes centre stage

After months of courtroom drama comes phone hacking, the play.

Britain's National Theatre said its next production will be "an anarchic satire about the press, the police and the political establishment" titled Great Britain. THE ASSOCIATED PRESS

Privacy

Cops must get search warrants for phones in U.S.

In a strong defence of digital age privacy, a unanimous U.S. Supreme Court ruled Wednesday that police may not generally search the cellphones of people they arrest without first getting search warrants. THE ASSOCIATED PRESS

The next chapter

Barnes & Noble turns page on Nook e-reader

Barnes & Noble hopes to survive by splitting in two. The largest U.S. brick-and-mortar bookseller said Wednesday that it plans to split off its Nook e-reader division as it looks to boost shareholder value. THE ASSOCIATED PRESS

A new social network for the condo set

Bazinga and Tridel. Vancouver company teams up with Canada's biggest condo developer

A Vancouver company is hoping condo-dwelling Canadians have room for one more social network in their lives.

On Wednesday, the company Bazinga announced it has inked a deal with Canada's largest condo developer, Tridel, to integrate its social media platform into the real estate company's new and existing projects.

Bazinga is a little like Facebook — allowing residents to chat with each other and building staff — and also lets users book amenities, access important documents and receive news about their community.

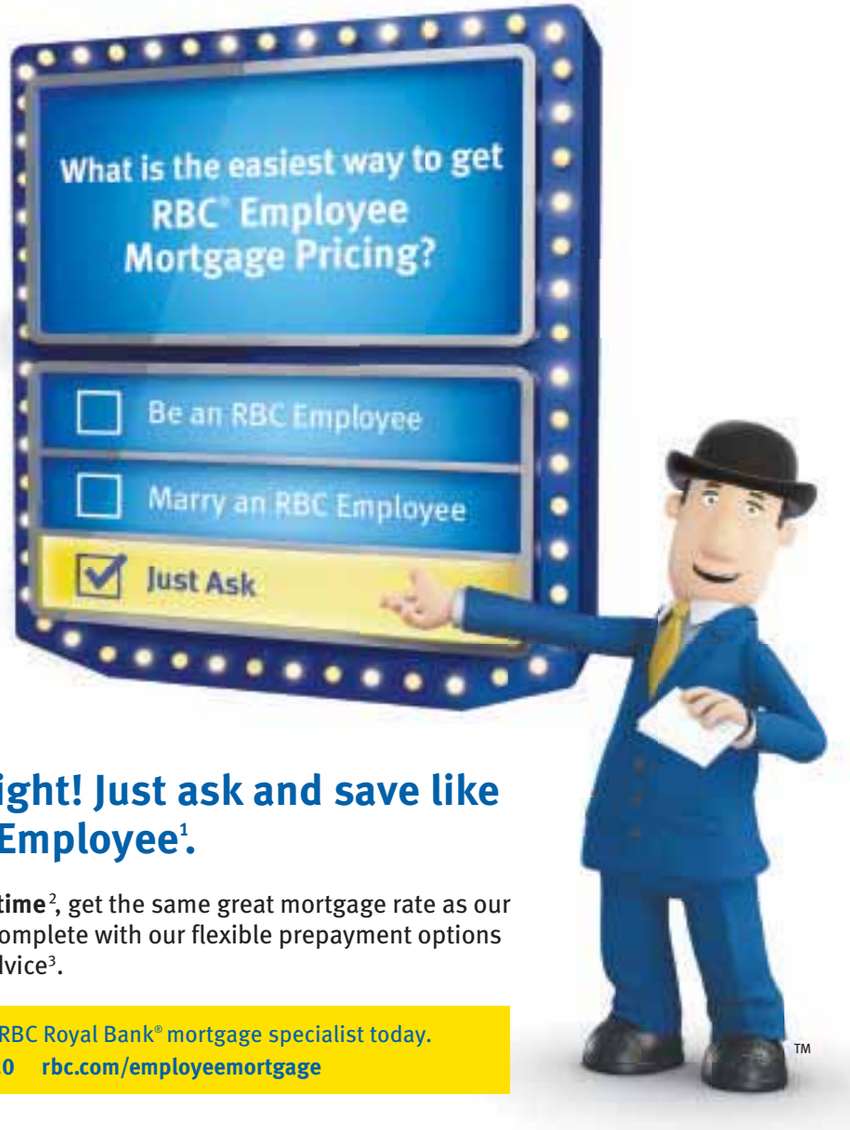
"Think of it as your building's (Facebook) wall but it's very interactive," says Bazinga founder Joseph Nakhla.

"You can post things, there's alerts — like, 'Keep an eye open on this issue,' 'Did anyone lose a bag?,' 'Is anyone looking for a car pool partner?' — (and) information on nearby businesses. It's very specific conversations that are occurring on the platform. What differentiates it from other platforms is there's heavy utility in there.

"And it's private. It's secure. It has only the people who are owners or tenants. There's no such thing as an anonymous presence on the platform."

Before the Tridel contract, Bazinga was connected to more than 500 buildings, says Nakhla, noting that the social platform is also being used by builders of subdivisions and gated communities. THE CANADIAN PRESS

RBC Royal Bank



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It's cottage (buying) season

Canada's summer cottage market is showing no signs of cooling off as it rebounds from a long winter and late spring, national realtor group Re/Max said Wednesday. Sales in Ontario and Atlantic Canada were up in May after a sluggish April and Re/Max is forecasting mid to high single-digit price increase for cottages, cabins, vacation condos and camps throughout the rest of the year. ISTOCK

Market Minute

DOLLAR 93.27¢ (+0.19¢)

TSX 14,974.65 (+14,974.65)

OIL $106.50 US (+$0.47)

GOLD $1,322.60 US (+$1.30)

Natural gas: $4.55 US (+$0.03)
Dow Jones: 16,867.51 (+49.38)

THE NEAR-DEATH THAT WASN'T

HE SAYS

John Mazerolle
metronews.ca

I've never had great life skills, but I've come to realize I don't have great death skills, either.

I was in an accident recently where I could have been killed — this happens to me every three years or so — and the impact it had was, well, absolutely nothing.

Shouldn't I be inspired or something?

In my defence, it wasn't much of a near-death experience: I fell off my bicycle at a busy intersection.

To the people who saw the accident, it likely looked less like a matter of life and death and more like a schmuck faceplanting comically into the pavement. But, if it had a laugh track for them, it was Adagio for Strings playing in my head, as I tumbled in slow motion toward the pavement and thought, "I might get run over before I have a chance to turn around."

Fortunately the driver behind me was not on his phone, so my corpse did not end up on Instagram with a filter giving my skin a healthier tone than it ever had in life.

Which leads to my first lacking death skill: Isn't my life supposed to flash before my eyes? The message from most inspirational speakers is that "one day your life will flash before your eyes, so you'd best make it a good show" or some such. But when I fell, all I saw was the streetcar track I wiped out on, the pavement, and the truck grill.

I'd been promised a Vine of my life's greatest moments, and instead it would have been like I was browsing stock photography. If the car had hit me the last images before death would have been a close-up of an interracial handshake and a woman way too happy about her salad. Not that I'm ungrateful. I totally prefer being alive.

In fact, immediately afterward I decided to celebrate. I was alive! Time to live! This led to my second death deficiency: My big response to near-death was to get a fancy coffee with whipped cream on it.

I'm not sure which is sadder: That this is my idea of living it up, or that my response to avoiding death was to order a drink that would push me closer to it.

Finally, and most damningly, the accident did nothing to motivate me into a better life. It freaked me out for a few hours, because we're just bags of meat that should have 'FRAGILE' stamped on our bodies. But that's it.

I've done nothing to improve myself, felt no more in touch with my life, nor started a charity like Cyclists Against Faceplanting in Traffic.

When I faced my own mortality in the past — at a funeral or during an accident — my immediate response was a figurative roller-coaster ride: euphoria, disappointment, levelling off.

Now I feel fragile for a couple of hours, have an expensive coffee and write a column. I think I'm OK with that.

But change my life in a big, noticeable way?

Well, that'll be the day that I die.

ON TRACK

The SEFT-1 was designed by two artists to explore their country's railways that are no longer in use. COURTESY SEFT-1 PROJECT

Artists create sci-fi car for railroads

A pair of Mexican artists have brought their country's abandoned railways back to life — by taking a sci-fi aluminum car for a ride on them.

Ivan Puig and Andrés Padilla built the SEFT-1 (Probe Exploration Manned Railway) car to explore how once useful railroads still have a purpose.

The SEFT-1 is a vehicle with an aluminum body fit for sitting two crew members (called Los Ferronautas). The silver car is also capable on riding on land with the use of rubber tires.

According to the project creators, the SEFT-1 aims to make a survey using photography, video, audio and text of the isolated areas it visits. METRO

By the numbers

9,000

Number of kilometres the artists travelled across Mexico and Ecuador, from 2010 - 2012 in SEFT-1.

Artists' viewpoint

"It's a transdisciplinary art project, one of public interaction and diffusion, which proposes the exploration of disused railway tracks as a starting point for reflection and research."

Ivan Puig and Andrés Padilla

METRO AUGMENTED REALITY

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METRO AR IMAGE JUMPS TO LIFE

metro AR

In this issue, you can find AR enhancements on page 12 in Life and page 19 in Sports

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MetroTube

metro AR

Extreme, extreme mountain biking

ANDREW FIFIELD
andrew.fifield@metronews.ca

If you're anything like us, you've long thought the biggest problem with mountain biking was that it's just not dangerous enough. Careering down hills, weaving between towering trees, ricocheting off rocks — YAWN!

Now, if we could somehow mix the speed, exhilaration and wind-through-the hair excitement of mountain biking with the assorted dangers of traversing a major city. Now we're talking. Thankfully, the good people of Bratislava arrange such a thing once a year and this is what it looks like. (EpicTV/YouTube)

THE ASSOCIATED PRESS FILE

metro

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SCENE 2

Braindead Romeo balances musicality and real stories

Debut album. The rock band has released its first full-length project, White Noize City, offering soulful ballads and heavier sounds

BACKSTAGE PASS
Sarah Taguiam
winnipeg@metronews.ca

Regina rock band Braindead Romeo is marking its second album White Noize City with a release party this Friday at The Exchange. CONTRIBUTED

Regina rock band Braindead Romeo is cranking up the volume and going back to its roots: heart-pumping, adrenalin-induced live music.

After a foray into more eclectic sounds with its first EP, Soul'd Out, in 2012, the band has released a new album that stays truer to its favoured live show sound.

"We took a whole lot of pretty wild adventures with ambient and industrial sounds on our first EP ... but we've had the luxury of time to see what we pride ourselves on first and foremost and that's playing live," said lead singer and guitarist Andrew Brandt.

On White Noize City, the band's first full-length album, Braindead Romeo transports listeners to its live set where it infuses raw and arresting vocals with a much more refined sound.

"It's a synthesis of getting the parts right and not right as long as it gives the feeling that we're on stage and there's no disconnect," Brandt said.

But the band achieves more than just a discordant mix of chaotic guitar riffs and thunderous bass characteristic to some live concerts — Braindead Romeo also manages to hit that elusive point at which the music transcends fancy techniques and becomes a story.

In 13 tracks, the band hovers on the middle ground between its heavier classic rock influences and more soulful ballads, all the while giving a glimpse of being from the outside looking in.

"It's this whole idea of living in the country and seeing the lights in a distance, which was how I grew up," said Brandt, who, like the band's guitarist, Tim Borgares, originally lived in Lumsden, Alta.

"It's about going to the city and making something bigger out of yourself."

Braindead Romeo's official CD release party is on Friday at Exchange.

The band will play with other local acts Majetik, Hello, Lady and Port Noise.

Braindead Romeo's White Noize City is available through iTunes.

TODAY'S TIP
Skin Care
ULTRA-LIFT TRANSFORMER
Late night?
Transform your skin to look younger, instantly.
* When you spend $15 or more on participating Garnier products. Offer ends July 11, 2014. See store for details.
Get 20x THE SHOPPERS OPTIMUM POINTS**
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Elton John ALL PHOTOS GETTY IMAGES

Can you feel the love tonight? Elton John can't

Elton John was flying the unfriendly skies recently, reportedly getting into a vicious shouting match with husband David Furnish in front of friends aboard a private jet bound for the recent Bonnaroo music festival in Tennessee, according to Radar Online. "Elton and David flew a few friends with them to the gig, and they all know Elton gets pissed when something isn't completely on his schedule. One of the cars carrying his friends was late. He got super-annoyed and even more so when David told him he was basically acting like a brat," a source says. "David calling out Elton sent him into a huge rage. He even went so far as to threaten to pull support for the (Elton John AIDS) Foundation, knowing it's one of the things that means the most to David." Things were very tense for a moment until John excused himself. "Elton went in a separate part of the plane for a while and cooled off. When he came back he played it off by making a joke about it," the source says. "It's a common occurrence between Elton and David, but definitely went further than their friends have seen before."

Adam Levine

'I did not have sexual intercourse with Lindsay Lohan,' says Adam Levine

Maroon 5 front man Adam Levine had to take time out of his recent interview with Howard Stern to follow James Franco's cue and deny any intimate connection to Lindsay Lohan.

"By the way, you were listed on Lindsay Lohan's sex list, that you had sex with her. I didn't know this," Stern offered, to which Levine promptly shot back, "That's not true. I did not have sexual intercourse with Lindsay Lohan." Stern then pointed out that no one on the list has confessed to actually having earned their spot. "That's because I think we're being truthful about that very specific thing," Levine responded.

The Word

Gary Oldman says sorry for just a little bit of his bigotry

MELINDA TAUB
Metro World News

Gary Oldman has had a lot of time to do some soul-searching since Tuesday, when it became known that he'd said some terrible things about Jews, black people, and gay people. He has realized that he is deeply sorry for some of it.

Among Oldman's many colourful remarks to Playboy, he opined that Mel Gibson only got in trouble for spouting anti-Semitic epithets because he's "in a town run by Jews." Whatever else is going on in Oldman's withered old brain, he does at least understand that the ol' Nazi refrain "Jews control the media" is not a road you want to go down, and he said as much in an open letter to the Anti-Defamation League.

"I am deeply remorseful that comments I recently made in the Playboy Interview were offensive to many Jewish people," Oldman wrote, according to Page Six. "Upon reading my comments in print — I see how insensitive they may be, and how they may indeed contribute to the furtherance of a false stereotype."

They do indeed contribute to that! However, speaking as a Jewish person: Come on, man. Don't single us out. If you're going to apologize to the people you offended, apologize to all of them.

Mila Kunis

Are we being Punk'd? Mila Kunis gets snippy with newspaper interviewer

A recent chat with the Star-Ledger got off to a bumpy start after the interviewer asked Mila Kunis how her pregnancy is going. "I don't talk about that for publication," she shot back — and things didn't improve much from there. When asked about emigrating from the Ukraine to the U.S. as a child, Kunis stopped the interviewer in his tracks. "I've talked about me moving to America in a hundred interviews. It's the most mundane subject possible; it's like everyone's immigrant story," she said. "I know what your next question is, so let's just skip it. You're going to ask me what I think about what's going on now in Ukraine. Just because I lived there until I was seven doesn't mean I identify with Ukraine."

It wasn't his fault this time! Bieber unharmed after fender-bender

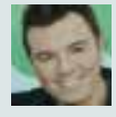
Justin Bieber was reportedly involved in a fender-bender in Beverly Hills earlier this week, though he apparently walked away unharmed, according to TMZ. An SUV carrying the pop star — who was not behind the wheel — was trying to evade a trailing paparazzo when it was hit from the side by a BMW exiting a parking structure. A witness tells the website the driver of the BMW "misjudged the speed of the Escalade and smashed into it." Bieber immediately exited the damaged SUV and was scuttled into another vehicle, which quickly sped away, leaving some of his entourage to deal with the police.

Justin Bieber

Twitter

@RuPaul
Quick Reminder: Never Google yourself, unless in the company of a life coach or therapist

@jason_mraz
In my next life I hope to come back as a cat. The oldest cat ever. A vegetarian cat who surfs. And lives in The Netherlands.



@SethMacFarlane
Ah, the decline of journalism: From Woodward and Bernstein cracking Watergate to Buzzfeed telling me which Disney Princess I'm most like.

LIFE 3

PLUS HOMES

Artful android: Here she comes now, sayin' Monáe, Monáe

Trending on her own terms. Janelle frees her 'soul' through her look and lyrics on the run-up to her summer tour

RICHARD PECKETT
Metro World News

"Embrace the things that make you feel unique, even if it makes others feel uncomfortable," says singer-songwriter Janelle Monáe. That maxim is something Monáe has perfected. The Kansas-born artist, like her time-travelling robot alter-ego Cindi Mayweather, isn't one to conform to outdated stereotypes. She's a feminist, womanist, and apparently an android. It's an attitude that the 28-year-old, who is touring this summer, takes into her albums The ArchAndroid and The Electric Lady, which deal with social and racial restriction. Even her artistry can't be straightjacketed into sound or style conventions: the Little Richard-esque quiff and her monochrome era-transcending tuxedo ensembles are as redefining as her sci-fi R&B soul, which seamlessly straddles a multitude of musical genres.

You're one of the musicians involved in the Pepsi Beats of the Beautiful Game campaign, where you, like the footballers, have your own (monochrome) team strip. But when do you intend to go for a different look?
Whenever I look at the moon and make that decision. I'm exercising my right and my freedom as a citizen to wear what I want.

Suit or birthday suit

I'm a free person who is taking the opportunity to be in control of their image: if I want to be naked one day I can and if I want to wear a tuxedo that's fine.
Janelle Monáe

Speaking of strip, is it true that you took some of your early tracks from The Electric Lady to a strip club to see how the dancers moved to it?
Oh yeah, absolutely.

Have you been back since?
I've been back since. I love watching people dance and the album is centred around women and I want to understand every type of woman: strippers, college students, the artist, the ghetto woman, the Queen. I definitely went to the strip club to do research and to understand their story.

You've talked about redefining the idea of sexy. What's your ideal?
I don't have an ideal of sexy; I don't go out of my way to be sexy. If you are [sexy], you don't have to try. For me personally, I'm a free person who is taking the opportunity to be in control of their image: If I want to be naked one day I can, and if I want to wear a tuxedo that's fine.

Janelle Monáe hopes to inspire her fellow females to take control of their own image. CONTRIBUTED

Do you think that women in the music industry are pressurized into a certain 'sex sells' image?
Well, I think when you come into the music industry there's this notion that because you're a woman, you need to dress a certain way. I want to let people know that that's not true. You just need to get to a certain level of success and be a cover girl [Monáe is also the face of beauty brand CoverGirl] and create your own image — people will love that. You don't have to take the same co-ordinates to reach a destination.

How have you managed to maintain that level of autonomy while signed to a major label?
How have I managed? (Laughs). That's like saying how have you managed to go to a subway and get the money out of your bank account?

Point taken. Is this one of the reasons that you're anti-bullying?
I have definitely been bullied and I've also stood up for myself, too. I used to fight a lot growing up but I don't think that's the way to do it because you can have an accident, get hurt or someone can shoot or stab you, then you're dead in hospital. When I was young, I was a real firecracker. Now I just stand up for others through art.

AUGMENTED REALITY

→ Want hair like Janelle? Scan this photo with your Metro News app for a step-by-step video to walk you through her fun, unique look.

→ See the full instructions on Metro's Voices page.

metro AR

Canadian street style

Spotted in: San Juan del Sur, NI

Name: Shannon

Age: 28

Canadian trendsetter on the move

What is the most important piece of clothing/beauty product in your travel bag?

A really funky/well-fitted bikini; if there's a beach that's all I wear! My favourite beauty product is Nars Copacabana liquid multiple. It is the most beautiful/natural highlighter for the cheeks and the eyes. Looks amazing with nice sun-kissed skin. Perfect natural enhancer for a night out, a little glam on vacation.

PHOTOGRAPHER: KAYLA ROCCA
THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION, TOO!

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With my dear pal @MorganDumas03 @ROMToronto celebrating the genius of @IZAdaptive 's @IzzyCamilleri

Food, drink, sparklers ... and selfies

Canada Day. Simple tips to throw the perfect barbecue

HELEN RACANELLI
For Metro

Canada Day long weekend is the perfect time for a backyard party. SHUTTERSTOCK

Canada Day is the perfect occasion to host a backyard party. The weather is fine, everyone is in a great mood because it's a long weekend and a national holiday, and backyards are at their best in July.

"With most other holidays being family focused, July 1st gives us the opportunity to catch up with our neighbours, and their families and friends as well," says Danielle Reid, whose family throws a huge party every Canada Day in their neighbourhood. Here's how to throw a memorable Canada Day party in your backyard.

Plan a great guest list

"Take the time to think out your guest list. You want to keep it manageable," says Reid. "We always like to make sure we spread the love around from our various circles, while not isolating anyone in the process."

She uses a simple rule of thumb: she invites guests who know at least one other person at the party besides the hosts. A backyard party is an informal occasion, so invites can go out by phone calls, emails and texts.

Provide lots of food and drink

The food doesn't have to be fancy and neither do the drinks, but it's not a real backyard summer party without an abundance of munchies and beverages.

"Everyone loves hamburgers and hotdogs and they are easy to prepare — so start with that," says Reid.

Keep it red, white and simple

In terms of serving the refreshments, purchase some colourful red cups for drinks and a couple of large galvanized steel buckets to fill with ice, suggests McNally. "Throw some bottled water, San Pellegrino or Perrier, juices, coolers, and beer into the buckets for guests to help themselves to as needed," she says.

Create a backdrop for party photos and selfies

Guests love a good photo opportunity. Create a photography backdrop for lots of memorable group photos and Instagram selfie moments.

"Encourage guests to take photos of themselves and each other posing in front of your DIY backdrop," McNally says.

Here's how to do it: If you have a fence, tape Canadian flags to a portion of it. Or if you have a wooden fence or side of a house to work with, use sidewalk chalk or washable paint to draw a flag or write Happy Canada Day! on it.

Add music

Take your party up a notch with music. "Hire a live cover band if your budget allows it," McNally says.

The Reid family appoints a DJ to spin tunes starting from noon to the end of their party. No budget? No problem.

Load up your iPod with your favourite Canadian indie-rock music and connect it to a speaker. Or you can even play music using online music streaming services such as Rdio or Songza, McNally suggests, adding that Songza probably will have a Canada Day playlist.

Add sparklers

Canada Day calls for a little bit of firecrackling fun. "A fun centrepiece idea that is also easy to assemble and inexpensive is mason jars or galvanized silver buckets filled with sand," says McNally. Then add paper Canada flags and sparklers stuck in the sand for guests to take out, light and wave around once the sun has gone down, she suggests.

Grilling tips

Barbecue for a crowd with these tips from Weber grill specialist, chef Michael P. Clive.

- **Prep your grill.** Scrub the grill grates, and don't forget to clean out the grease pan underneath. Keep a spare propane tank on hand.
- **Keep the lid down.** "Looking is not cooking," Clive says. Opening it up constantly to view the progress is only going to slow down the process and frustrate your hungry guests, he says.

Canada Day Edition

Get your special edition Captain Canuck comic

In celebration of Canada Day, Captain Canuck Inc. is releasing the first Captain Canuck Canada Day Edition.

From June 28 to July 1, the edition will be distributed free through comic book stores, public libraries, convenience stores and shopping malls across Canada. After July 1, it will be sold at comic book shops across Canada for $2.99.

This 64-page edition will be packed with features, including two unique Captain Canuck stories featuring the classic and new Canuck, the ultimate Canadian comic book store and convention directory, and sneak peeks of what's coming up for all things Canuck. **METRO**

Support youth at risk

Solar-powered Mountie stands on guard for thee

Powered entirely by solar energy, your steadfast Mountie will work ceaselessly to patrol your bookshelf, windowsill or dashboard. Whenever the sun comes out, this member of The Force will reassure you that he is on the job with a friendly wave.

The Solar Mountie , selling for $25, is an official product under licence from the RCMP Foundation. Ten per cent of sales will be donated to youth at risk programs across Canada. **METRO**

Canadian film can be exciting, influential and groundbreaking – but if you're like most Canucks, you wouldn't even know it. That's where The ABCs of Canadian film comes in. This website offers everything you need to know about Canada at the movies — in 26 letters — from "eh" to zed. So this Canada Day weekend, love your country by turning on your DVD player, breaking out the maple syrup and watching these five landmark moments and movies in Canadian cinema history. Visit metronews.ca/abcsofcanadianfilm for more.

COLIN MCNEIL
colin.mcneil@metronews.ca

5 reel moments in Canadian film history

Did Canada fund a "porn flick?"

If you paid taxes in the '90s, you helped fund what some people swear is a porn flick.

I'm talking about Bubbles Galore, a 1996 film made with more than $100,000 in government grant money and starring real-life adult actress Nina Hartley. Canadian politicians and right-wing newspaper columnists denounced it as a "lesbo porn flick," "a monstrosity," and "scum."

The filmmaker called it an expression "of the right of women to take control of their image."

So what was it? A clever parody of the adult film industry or a soft-core porn masquerading as satire? Hear what adult film actress Nina Hartley told Metro about Bubbles Galore at metronews.ca/abcsofcanadianfilm.

The little sci-fi movie that could

What do a handful of unknown actors, a single Toronto soundstage and $600,000 get you? How about worldwide fame and undisputed status as a sci-fi cult classic.

At least that's what happened with Cube, the 1997 sci-fi film about seven strangers who find themselves stuck in a mysterious maze of interconnecting, fiendishly booby-trapped cubic rooms.

One of its more memorable scenes, in which a man is sliced into hundreds of flesh cubes by a fine metal mesh, even has the dubious honour of being homaged (some might say ripped off) in the first Resident Evil film. Watch the scene and judge for yourself on the site.

The first Canadian horror movie

From Black Christmas to Resident Evil, the Great White North has been a prolific producer of some of the best films the genre has to offer. But that's just the tip of the icepick.

The first-ever Canadian horror movie was 1961's The Mask. It was a trippy drive-in film about a man who puts on a grotesque haunted mask and is enveloped in an acid-trip netherworld of floating skulls and dancing demons. The possessed dream scenes, shot in 3D, are still pretty damn creepy today.

Get out your 3D glasses and watch The Mask in its entirety, and see our list of the top 10 Canadian horror movies ever made online.

Canuxploitation

Nifty word, isn't it? Back in the 1970s, the government created something called the 100 per cent Capital Cost Allowance (CCA), suddenly making it financially attractive to produce films here. These so-called tax-shelter years produced some of the weirdest, bloodiest and most influential Canadian films ever made. Black Christmas (pictured), My Bloody Valentine, and David Cronenberg's The Brood are just a few of the more popular Canuxploitation flicks to emerge from the tax shelter.

Discovering Xavier Dolan

If you don't know the name already, you probably will soon. Xavier Dolan is Canada's hottest cultural commodity since the Trailer Park Boys. At just 25 years old, the young Montreal director is quickly becoming the new golden boy of Canadian cinema, and he's only made five movies.

With a recent Jury Prize win at Cannes, Dolan is poised to break out of the festival scene and start making international box office hits.

Get to know this up-and-coming Canadian superstar before he makes his first blockbuster on the site, where we explore his first-ever feature-length film, I Killed My Mother.

So you think you're a real Canadian, eh?

Toronto Mayor Rob Ford launches his re-election campaign at the Toronto Congress Centre in Toronto, April 17, 2014. TORSTAR NEWS SERVICE

Trivia time! Sure, you may be able to tell Bieber from a beaver, but how up are you on the latest, greatest Canadian news?

1. This cheeky Saskatchewan-based film about an unusual public servant screened at Cannes in May and is already greenlit for a sequel.
A) Constable Badger
B) Wolfcop
C) Five Alarm Vampire

2. Toronto Mayor Rob Ford unwittingly provided a public debut of his Jamaican patois in a video secretly recorded at which restaurant?
A) Steak Queen
B) The King's Carvery
C) The Jester's Jingle

HANDOUT

3. A trio of Quebec prisoners spent a few June days on the lam after a prison escape with help from which vehicle?
A) Laundry truck
B) Helicopter
C) A prison guard's minivan

4. Much of Canada spent the winter cursing this weather phenomenon and its record-smashing cold.
A) The arctic avenue
B) The winterfell trail
C) The polar vortex

5. Which activity at the Vancouver Aquarium drew the scorn of animal activists in November?
A) Yoga With Belugas
B) Water Colours With Otters
C) Selfies With Stingrays

6. A rather rude vandal raised hackles in Windsor after crafting a public park shrub into what shape?
A) A middle finger
B) A penis
C) A crack pipe

7. A Manitoba mom was less than pleased when her kids' school gave them which snack to "balance" their packed lunch?
A) Triscuits
B) Ritz Crackers
C) Goldfish Crackers

8. Which Canadian comedy series will return to Netflix this fall after a long TV absence?
A) The Kids In The Hall
B) The Red Green Show
C) Trailer Park Boys

9. Nudists who dwell on Vancouver's Wreck Beach could barely conceal their anger over plans for what?
A) A new police tent
B) A nearby salmon hatchery
C) A weekend Starbucks kiosk

10. Justin Bieber added an Australian mayor to his enemies list after doing what in his city?
A) Spray painting a wall
B) Boxing a kangaroo
C) Driving on the wrong side of the road

COMPILED BY ANDREW FIFIELD

Answers

Question 1: B
Question 2: A
Question 3: B
Question 4: C
Question 5: A
Question 6: B
Question 7: B
Question 8: C
Question 9: A
Question 10: A

All hail Caesar

Canuck to its core, the first Caesar was invented in 1969 at the Owl's Nest Bar in Calgary, so there is no more fitting drink to raise in honour of Canada Day.

We are mixing up three recipes from Clint Pattemore's new book Caesars: The Essential Guide to Your Favourite Cocktail (Random House) to celebrate the nation's 147th birthday.

Cucumber-infused Caesar

- 4 slices cucumber
- 2 dashes Tabasco sauce
- 3 grinds fresh cracked salt and black pepper
- 1 oz (30 ml) gin
- 4 oz (120 ml) Mott's Clamato Cocktail
- Rim: Fresh cracked salt and black pepper
- Garnish: Cucumber slice; fresh cracked salt and black pepper

In a mixing glass, muddle everything but the gin and Mott's Clamato Cocktail. Add the gin and Mott's Clamato Cocktail, and stir well to mix and spread the flavours around. Rim a highball glass and fill to the top with ice. Strain the mixture into the highball glass, and garnish.

Fireworks Caesar

- 3 dashes hot sauce
- 2 grinds fresh cracked salt and black pepper
- 1/2 jalapeño pepper
- 1 garlic clove, minced
- 1/2 green onion
- 1 oz (30 ml) blue agave tequila
- 4 oz (120 ml) Mott's Clamato Cocktail
- Rim: Celery salt with cayenne
- Garnish: Spicy prawn on a skewer

In a mixing glass, muddle everything but the tequila and Mott's Clamato Cocktail. Add the tequila and Mott's Clamato Cocktail, and stir well to mix. Rim a highball glass and fill to the top with ice. Strain the mixture into the highball glass, and garnish.

Stampede Caesar

- 1 oz (30 ml) Alberta premium rye whisky
- 4 dashes Worcestershire sauce
- 2 dashes hot sauce
- 3 pinches steak spice
- 3 grinds fresh cracked salt and black pepper
- 1 oz (30 ml) beef stock
- 3 oz (90 ml) Mott's Clamato Cocktail
- Rim: Fresh cracked salt and black pepper with steak spice
- Garnish: Grilled Alberta flank steak on a skewer

Rim a highball glass with citrus and rimmer. Fill the glass to the top with ice. Add the ingredients in the order listed. Stir well to mix the cocktail, and garnish.

EXCERPTED FROM CAESARS BY CLINT PATTEMORE, PHOTOGRAPHY BY RYAN SZULC, © 2014 CANADA DRY MOTT'S INC. EXCERPTED BY PERMISSION OF APPETITE BY RANDOM HOUSE, A DIVISION OF RANDOM HOUSE OF CANADA LTD., A PENGUIN RANDOM HOUSE COMPANY. ALL RIGHTS RESERVED.

Get your red and white on

Value Village has everything you need for Canada Day celebrations, for less

Looking to show some patriotism this Canada Day?

You don't have to spend a fortune on brand new clothes or home accessories in red and white. Your local Value Village has all the quality used clothing and household items you need to do justice to the birth of our nation — or at least celebrate it in style.

The aisles at Value Village are packed with potential. Every Value Village stocks an ever-changing selection of about 100,000 items on the sales floor, and since 5,000 to 10,000 new items are added to the sale floor each day, there's always something fresh, whether you're looking for a one-time Canada Day outfit (red and white all over, of course), or something to treasure forever.

"At Value Village you can find clothing and accessories from many eras and designers in one place," explains Tony Shumpert, Vice President of recycling operations for Value Village. "Style is all about creativity and individualism, and keeping fashion interesting requires your imagination.

"In a traditional retail environment it's next to impossible to find such a diverse selection. We have so much to offer that it's hard not to find something good," says Shumpert. "It's a great way to discover that unique piece that nobody else has — we have some real gems."

You'll find that uniqueness factor in the housewares section just as much as you will in the clothing aisles.

Impress your friends when they come over for a Canada Day barbecue: make the cake batter in a mint green mixing bowl. Adorn your table with wheat bouquets in a vintage milk bottle. Carve your steaks with antler-handled steak knives. Serve your grilled meal on a fun mix-and-match array of plates.

"You never know what you'll find here," says Shumpert. "There's always something fun and interesting."

Visit valuevillage.com.

CONTRIBUTED PHOTOS

If you aren't using them...

In Canada, green is our way of life — not just because of our vast forests and grasslands, but because of the way individual Canadians have embraced the three Rs: reduce, reuse, recycle.

Be a part of the green movement this Canada Day: shop second-hand and donate your reusable clothes and household items at organizations like Value Village.

On average, each North American throws away more than 68 pounds of clothing and textiles each year. Buck the trend.

Nearly 100 per cent of used clothing is reusable or recyclable, so instead of tossing the items you don't need anymore into the trash, donate them.

Value Village is one of the largest recyclers of used clothing in the world – keeping more than 1.8 million pounds (that's 600 mid-size cars!) of quality goods from landfills each day by selling reusable items in-store and responsibly recycling items unsuitable for resale.

Last year, 329 million tops, 59 million pairs of shoes, 114 million pairs of pants and 28 million coats were repurposed.

Donating your reusable clothing and household items at Value Village is a win-win. Your items will be diverted from a landfill, preserving the environment and helping reduce greenhouse gas in the atmosphere that would result from its decomposition.

IT STARTED WITH PURPLE HEART THRIFT STORE IN 1954

Value Village has its roots as the Purple Heart Thrift Store, which opened its doors in 1954 in an old theatre in San Francisco's Mission District.

Much as the company has grown and evolved, but its values have remained constant.

"For 60 years our purpose has been to do well while doing good at the same time," explains Tony Shumpert, vice president of recycling operations for Value Village.

In that first store, Value Village founder William Ellison partnered with charitable organization the Military Order of the Purple Heart.

Within 12 years the company had expanded to stores across California, Oregon and Washington, and in 1971 the company moved its headquarters to Seattle.

In 1980, the company opened its first international store: Value Village on Hastings Street in Vancouver, partnered with the Developmental Disabilities Association.

The company quickly multiplied its Canadian locations, and today there are 125 locations across Canada, with more opening soon.

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Thanks
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Get your fancy weeknight dinner on

Cookbook of the Week

A little herb goes a long way

In his book Basil, Thyme, Coriander and Other Herbs, Jean-Paul Grappe shines the spotlight on herbs. The book covers 20 herbs and their histories, therapeutic values and use in the kitchen. Among the specific herbs included are: dill, basil, mustard, sorrel, rosemary, sage, thyme and more. Recipes, meanwhile, include Pork Chops with Hyssop, Atlantic Tuna with Mint Butter, and more. **METRO**

Stuffed Duck Breast with Marjoram Jus.

This dish offers a touch of sophistication that is sure to wow guests and takes just three steps

"If the stuffing isn't cooked before filling the duck breasts, this dish will require more cooking time, which will overcook the duck and toughen the meat," writes Jean-Paul Grappe in his book Basil, Thyme, Coriander and Other Herbs.

This dish can be served over fingerling potatoes, green beans and spinach.

Ingredients

Stuffing
- 2 oz (60 g) duck thighs, trimmed
- 2 oz (60 g) duck liver
- 2 slices of bread
- 1/4 cup (60 ml) heavy cream (35%)
- 1 egg white
- 1 tbsp potato starch or corn starch
- 1 1/4 cups (90 g) marjoram, chopped finely
- Salt and pepper

- 4 duck breasts, 8 oz (240 g) each
- Salt and pepper
- 2 oz (60 g) duck fat
- 2 oz (60 g) Armagnac
- 1/2 cup (125 ml) thickened store-bought demi-glace
- 1/2 cup (120 g) butter

This recipe serves four. PIERRE BEAUCHEMIN

1. Grind the first six ingredients for the stuffing twice with a medium disc in a meat grinder. Add the marjoram, salt, and pepper, and mix well. Make 4 small rolls the same length as the duck breasts, wrap them in plastic wrap and tie the ends. Cook them in 212 F (100 C) water, for 5 to 6 minutes. Cool in cold water. Set aside.

2. Butterfly the duck breasts and season with salt and pepper. Fill with the cooked rolls of stuffing. Close and season with salt and pepper. Set aside. In a sauté pan, heat the duck fat and sear the breasts skin side down for 2 to 3 minutes. Do the same for the other side. Put a lid on slightly askew and cook on medium heat for 7 to 8 minutes. Remove the excess cooking fat from the pan and flambé the breasts in Armagnac. Remove them from the pan and keep warm. In the same pan, add the thickened duck stock and finish the sauce with butter. Adjust the seasoning.

3. Pour the sauce onto the bottom of the plate. Slice the breasts and serve on top of the sauce. **EXCERPTED FROM BASIL, THYME, CORIANDER AND OTHER HERBS BY JEAN-PAUL GRAPPE (FITZHENRY & WHITESIDE, 2014)**

Mixing wood tones

Basics of interior design.

Wood, like any other interior decorating element, has a shelf life

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

One of the hardest renovating or decorating decisions is choosing wood tones for items like flooring and kitchen cabinets. Not only do they cost a lot of money, but must stand up to at least a decade of changing trends.

The secret to making the right choice is to consider how you live and what other wood elements you have gravitated to over time.

For instance, do you have a large collection of antique pine furnishings or do most of your picture frames have a certain stain colour that you enjoy? This might be the start to making a large purchase of a longer-lasting wood product for your home.

Follow this example

Three-tone perfection

A room looks best when decorated with no more than three wood tones: Dark wood floors, medium wood furniture and pale wood wall create the perfect example.

CRATEANDBARREL.COM

Here are some guidelines to help you choose:

Contemporary or traditional

The lighter the wood tones, the more casual or contemporary the space will feel. The darker the tones, the more traditional or masculine the space will appear.

The magic of a trifecta

Do not incorporate more than three different woods in any given space — for instance, chestnut coloured floors, cherrywood cabinets and a pine table. More than three will look overcollected and junky.

Give inherited pieces a new finish

If you inherit a fine piece of furniture, consider having it re-finished in a more up-to-date stain that helps blend it into your established decor.

Follow big trends in small accessories

Influenced by a trend tone of wood? Use it in small furnishings like side tables or in room accessories like storage boxes or lamps.

Fell mighty 'builder' oak with paint strokes

Too much "builder" oak wood around your home? Consider painting baseboards, interior doors, mantels and stair handrails to match an existing paint colour (usually white).

Cherry-pick your colours

You can often look to your home's architecture for inspiration in wood tones. For instance, an Arts and Crafts space can feature cherry wood. Pale light tones survive well in a boxy, modern space and deep mahogany looks best in a space with historical charm.

Give matchy-matchy a pass

Matching all wood elements can look too predictable. Varying the wood's stain colour by using lighter or darker tones helps add visual variety without overwhelming the room with too many types of wood.

What decade does your wood say you are?

Every decade has its trend wood: 1970s, knotty pine; 1980s, golden oak; 1990s, blonde maple; 2000, espresso/ebony; 2010, driftwood oak.

Refresh outdated wood

And lastly, we all know men act like wood is gold, and it should never be painted. If the wood in your home is outdated, then it's time for a change. Re-stain or paint it to give it another five to 10 years of life.

NHL

Pens sign Johnston as new head coach

The Pittsburgh Penguins have hired Mike Johnston as the team's new head coach.

Johnston replaces Dan Bylsma, who was fired on June 6.

The 57-year-old Johnston, introduced at a Wednesday news conference, spent the past six years with the Portland Winterhawks of the Western Hockey League. He previously served as an NHL associate head coach with the Los Angeles Kings and Vancouver Canucks.

THE ASSOCIATED PRESS

Tennis

Djokovic wins wild one at Wimbledon

Top-seeded Novak Djokovic advanced to the third round at Wimbledon with a 6-4, 6-3, 6-7 (5), 7-6 (5) win Wednesday over Radek Stepanek in a match that featured only two service breaks.

Djokovic lost in last year's Wimbledon final to Andy Murray.

THE ASSOCIATED PRESS

Top seed Novak Djokovic returns a ball to Radek Stepanek at Wimbledon on Wednesday. THE ASSOCIATED PRESS

Messi vs. Nigeria: Out of this world

World Cup. In final match of group play, global superstar takes his game to next level

Lionel Messi of Argentina celebrates scoring his team's first goal during its Group F match against Nigeria on Wednesday in Porto Alegre, Brazil. PAUL GILHAM/GETTY IMAGES

Argentina beat Nigeria 3-2 in their last World Cup group match on Wednesday, with Lionel Messi and Ahmed Musa scoring two goals each before Marcos Rojo kneed in the winner.

Argentina won Group F while Nigeria also advanced despite the loss, becoming the first African team in the round of 16 in Brazil.

Messi had his best match of the World Cup so far, scoring twice in the first half to boost his tournament total to four goals, and repeatedly cutting up Nigeria's defence with dazzling runs and clever passes.

"We played against a team that wanted to play," Messi said. "I think we saw a good Argentina. We need to continue on this path."

The Argentina captain needed less than three minutes to finish Nigeria goalkeeper Vincent Enyeama's clean sheet in Brazil, slamming in the rebound after Angel Di Maria's shot bounced off the post. Nigeria replied within a minute as Musa cut in from the left and beat Sergio Romero with a curling shot toward the far post.

Nearing halftime Messi tested Enyeama with a 25-metre free kick that the 'keeper struggled to push to a corner. Having found his aim, Messi was ice cold when Nigeria gave up another free kick just moments later. This time Enyeama was stunned as the ball slipped in just inside the post.

"Messi is one of heck of a player, he's blessed. You can't take it away from him," Nigeria coach Stephen Keshi said. "Messi is from Jupiter, he is different."

Tens of thousands of Argentine fans had travelled to Porto Alegre for the match, taunting Brazilian spectators by singing "Maradona is greater than Pele" at the 44,000-capacity stadium.

The Brazilians booed and held up five fingers to remind the Argentines of how many World Cups they've won. Argentina has two.

THE ASSOCIATED PRESS

Group F

3	2
Argentina	Nigeria

- Tragedy struck in Nigeria before the match, as an explosion rocked a mall in the capital, Abuja, and police said at least 21 people were killed.

AUGMENTED REALITY

→ Scan this image with your Metro News app to view a gallery of the goings on from Day 14 of the World Cup.

→ See the full instructions on Metro's Voices page.

metro AR

Padres fall prey to Lincecum's no-no

The Giants' Hector Sanchez approaches the mound after Tim Lincecum threw a no-hitter against the Padres on Wednesday. JASON O. WATSON/GETTY IMAGES

Tim Lincecum's days of dominance may be in the past. That doesn't mean he can't dial up flashes of the Freak he once was — especially against the San Diego Padres.

Lincecum pitched his second no-hitter against the Padres in less than a year, allowing only one runner Wednesday and leading the San Francisco Giants to a 4-0 win.

"I've always been that guy who will kind of go for the strikeout," Lincecum said. "I think my first no-hitter I had 13, so I think I was going for those a little bit more often."

"Today I tried to be a little bit more efficient and take what they were going to give me. They were giving me a lot of groundballs and a lot of pop flies, so I was just going to try to keep attacking the way that I was," he said.

Lincecum shut down the weakest-hitting team in the majors, striking out six and walking one in a 113-pitch outing — 35 fewer than he needed last July 13 against the Padres in his first no-hitter.

He retired the last 23 batters after walking Chase Headley in the second. Though the Padres hit a few balls hard, the Giants didn't need any exceptional plays to preserve Lincecum's gem. THE ASSOCIATED PRESS

On Wednesday

4	0
Giants	Padres

4 SPORTS

Bombers' new head coach O'Shea faces old teammates

CFL. Former Argonaut star takes helm of league-worst Blue Bomber team

Mike O'Shea will make his CFL head-coaching debut against a most familiar foe.

The Winnipeg Blue Bombers kick off the 2014 season on Thursday night by hosting the Toronto Argonauts. It will be O'Shea's first official game on the Bombers' sidelines. He'll face a team he played 12 seasons for and spent the last four years with as its special-teams co-ordinator.

"Coach O'Shea is a great player's coach and guys play hard for him," Toronto linebacker Shane Horton said.

"They're going to come out physical, they're going to come out fast, they're going to come out playing great teams."

O'Shea, 43, a native of North Bay, Ont., took over for the fired Tim Burke, who returns Thursday as Toronto's defensive co-ordinator. Winnipeg posted a league-worst 3-15 record last season, its first at Investors Group Field.

Over his 16 CFL seasons, the six-foot-three, 228-pound O'Shea was a no-nonsense, hard-nosed player. He also played four years with the Hamilton Tiger-Cats.

O'Shea helped the Argos win three CFL titles as a player and was a coach with the Toronto squad that beat Calgary 35-22 in the 100th Grey Cup in November 2012 at Rogers Centre.

O'Shea was the CFL's top rookie in '93 with Hamilton and captured the league's top Canadian award in '99 as an Argo.

He's one of three players in CFL history — and the only Canadian — to register more than 1,000 career tackles and in '07 was voted the middle linebacker on the All-Time Argos team. He played 205 career games with the Double Blue, the second-most in team history behind fellow linebacker Don Moen (222).

Argos receiver/kick-returner Chad Owens fully expects the Bombers to assume the demeanour of their blue-collar head coach.

"Knowing Osh, he'll have those guys ready to play," Owens said. "It was sad to see him go but we're all happy for his opportunity.

"They're going to want to play for him, they're going to want to win for him so we've got to bring our best."

THE CANADIAN PRESS

Quoted

"Knowing Osh, he'll have those guys ready to play."

Chad Owens, Toronto Argonauts receiver/kick returner
On former Argo Mike O'Shea's new role as head coach of the Winnipeg Blue Bombers

Head coach Mike O'Shea of the Winnipeg Blue Bombers walks along the sidelines in first-half action in a CFL pre-season game against the Toronto Argonauts at the Investors Group Field on June 9 in Winnipeg. MARIANNE HELM/GETTY IMAGES

CFL

O'Shea aims to stifle Argo QB

Winnipeg Blue Bombers head coach Mike O'Shea knows exactly what the Toronto Argonauts and quarterback Ricky Ray can do to an opponent.

"They've got a lot of weapons. It just so happens that the ball always travels through Ricky first," he said. "But obviously I'm quite familiar with all the guys they have and what they can do offensively."

But the former Argos special teams co-ordinator still wants to set a pace for the Bombers' season with a win in their CFL season opener Thursday at Investors Group Field.

If the Bombers want to see how rookie starting quarterback Drew Willy performs under pressure, they couldn't ask for a better opponent.

Ray has thrown 3,780 completed passes for 251 touchdowns and three Grey Cups over 11 seasons in the league with Edmonton and Toronto.

Willy has completed just 101 for nine touchdowns and has only four starts in his prior two seasons as a backup in Regina.

The Bombers are staking a lot on Willy as they try to appease fans turned off by recent struggles, while the Argos want to get back to the Grey Cup after stumbling in last year's East final.

THE CANADIAN PRESS

New Ottawa CFL franchise ready to rumble

The Ottawa Redblacks may be considered an expansion franchise, but they have no intention of playing like one.

Under the leadership of general manager Marcel Desjardins and first-time head coach Rick Campbell, the Redblacks believe they are a legitimate competitor in the CFL East Division.

"We, from the very get go didn't want to think of ourselves as an expansion team, we just wanted to play like everyone else is and that's just to play," Campbell said. "We have enough veteran coaches and players to do that.

"We knew we were playing catch up with the other teams as we're not as established with who we are and what we're doing, but we didn't want to use it as an excuse. When it's time to play a game, we're going to play a game."

The Redblacks mark the return of CFL football in the nation's capital for the first time since 2005. In its prime, Ottawa was a successful football market, but poor ownership and a decreasing fan base led the city to lose its franchise, not once but twice.

Now with a refurbished stadium and a committed ownership group, the team is set to resurrect football fever in Ottawa.

The players say they have no intention of letting the expansion label have any impact on their performance.

"We can't use that as an excuse," said offensive lineman Jon Gott. "We're all professionals and we came here to win and that's what we want to do."

While a number of players have experience at this level, it still remains a challenge to come together as a team.

"The funny thing about us is we don't really know for sure what we will be as we don't have any past experience to draw on, so that's part of the fun part for us is finding our identity and what we're going to be about," said Campbell.

"Obviously we're going to try and be good at everything and there's going to be things we're better at than others, but that all remains to be seen."

THE CANADIAN PRESS

The CFL has a new franchise in Ottawa, a new TV deal and labour peace with its players for five years as it prepares to get the 2014 season underway.
GRAHAM HUGHES/THE CANADIAN PRESS

No excuses for Riders in Grey Cup defence

CFL. Even with key departures, coach Chamblin won't settle for less than the title

Some of the faces are different, but Corey Chamblin's philosophy remains the same.

Saskatchewan embarks on the 2014 CFL season as the defending Grey Cup champion, which in itself comes with added pressure. But the Riders will attempt to win consecutive titles for the first time in their history without some key veterans who were instrumental in last year's championship run.

That's of little concern to Chamblin, the CFL's coach of the year last season, who signed a contract extension with the Riders in the off-season.

"That (absence of veterans) is an excuse," he said. "A lot of teams talk about the Grey Cup but we want to be a championship football team.

"You can't talk about a Grey Cup until you win your first game. It's a process. We don't just want to play against the opponent, we want to make sure that we set a championship standard.

"There's a lot of effort and a lot of things that go into that."

Over the hump

"You can tell that he's taken the next step, that the championship was something that he needed to say, 'Hey, I am a championship quarterback.'"

Coach Corey Chamblin on quarterback Darian Durant

Offensively, the Riders will have to make do without running back Kory Sheets — the MVP of last year's Grey Cup win over Hamilton, now with the NFL's Oakland Raiders — receivers Geroy Simon (retired), Weston Dressler (Kansas City, NFL) and Kierrie Johnson (Ottawa). Also gone are backup quarterback Drew Willy (Winnipeg) and running back Jock Sanders (Calgary).

Sheets was the CFL's second-leading rusher last year with 1,598 yards and capped his season running for a Grey Cup-record 197 yards in Saskatchewan's 45-23 win over Hamilton. But the loss of Dressler is huge as the five-foot-eight, 179-pound dynamo was a 1,000-yard receiver in five of his six seasons with Saskatchewan.

Dressler's departure has created an opportunity for newcomer Ryan Smith, a rookie receiver from North Dakota State who at five-foot-seven and 175 pounds is built in the Dressler mould. But Chamblin said Smith has been intent on establishing his own identity with the Riders.

"I think the biggest thing for him is he knows he will always be compared to Weston Dressler," Chamblin said. "I think he's doing a good job of handling that and not trying to become Weston by finding his own niche to become Ryan."

While Saskatchewan will have few new faces on offence, the man under centre will remain the same. Darian Durant, 31, enters his ninth CFL season and fifth as the starter and the Riders rewarded him this off-season with a contract extension through 2016.

Chamblin said winning a championship has changed Durant for the better.

"He was already doing good things like coming in early but he's taken it upon himself to be more of a leader," Chamblin said. "I could just see him taking that next step to become a great quarterback."

THE CANADIAN PRESS

Coach Corey Chamblin and the Roughriders will kick off their title defence on Sunday against the Tiger-Cats. GETTY IMAGES FILE

Moving on

Durant confident in his offence

Darian Durant admits the loss of Kory Sheets, Weston Dressler and Geroy Simon is huge but believes the Riders are moving on.

"I think we're well on the way," he said. "I don't think you can just replace those guys and their production with one guy.

"It's going to take a total team effort. I think as a collective group we can replace that production and we'll be fine."

Durant enjoyed a solid 2013 campaign, passing for 4,154 yards and a league-high 31 TD passes.

Week 1 pick

Tiger-Cats at Roughriders (Sunday, 7 p.m.)
A Grey Cup rematch concludes the opening week. Saskatchewan defends its title minus running back Kory Sheets (Oakland, NFL) and receivers Weston Dressler (Kansas City, NFL) and Geroy Simon (retired) but still has veteran quarterback Darian Durant in tow. And the defence still boasts defensive linemen Ricky Foley and John Chick, safety Tyrone Brackenridge and cornerback Dwight Anderson. Veteran Henry Burris led Hamilton to last year's Grey Cup but former Argo Zach Collaros will make his Ticats regular-season debut. Also, former Rider linebacker Craig Butler returns as a Ticat. Saskatchewan is still a solid contender but Hamilton has many vets feeling they've got a score to settle.

Prediction — Hamilton.

Former Roughrider Craig Butler now plays for the Tiger-Cats. GETTY IMAGES FILE

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Canada Day likely to come early at this year's NHL draft

Canucks represent.
From Ekblad down, draft is top heavy with Canadian-born talent

There's a couple of silver linings that come from six of seven Canadian teams missing the Stanley Cup playoffs.

One is that Canadian teams own five of the top 10 picks in the 2014 NHL draft, unless trades shake up the order.

As it stands, the Calgary Flames pick third Friday night, the Edmonton Oilers fourth, the Vancouver Canucks sixth, the Toronto Maple Leafs eighth and the Winnipeg Jets ninth.

Another is that the Flames, Oilers, Canucks, Leafs and Jets have plenty of homegrown talent to choose from. Four of the top five picks are expected to be Canadians, and there could be eight Canadian-born players taken in the top 10 for the first time in more than 20 years.

"This is one of those years where it's not a strong crop worldwide, in terms of high-end players," scout Ross MacLean of ISS hockey said. "It is a draft that's kind of lacking in terms of those real superstars that we've seen the last couple years or highly touted Russians, or offensive dynamos that tend to pop up here or there."

Without a Nail Yakupov or a Valeri Nichushkin around, Canadian juniors make up the majority of top prospects. Even if there's debate over who should go No. 1, it's between Barrie Colts defenceman Aaron Ekblad (Belle River, Ont.) and Kootenay Ice centre Sam Reinhart (Vancouver).

Throw into the top-five mix Kingston centre Sam Bennett (Holland Landing, Ont.) and Oshawa winger Michael Dal Colle (Vaughan, Ont.). The only European considered a good bet to go in the top five is German Leon Draisaitl, who played the past two seasons for the WHL's Prince Albert Raiders.

"What's interesting in a lot of ways is this year a lot of the top-end European talent just happened to play in North America, and that's not always the case," said Dan Marr, director of NHL Central Scouting.

In addition to Draisaitl, that group includes Finnish defenceman Julius Honka (WHL's Swift Current Broncos), Danish winger Nikolaj Ehlers (QMJHL's Halifax Mooseheads) and Russian winger Nikita Scherbak (WHL's Saskatoon Blades). Neither of the top Europeans — Kasperi Kapanen and William Nylander — is projected as a top-five pick.

That's because the cream of this year's crop is Canadian. Beyond Ekblad, Reinhart, Bennett and Dal Colle, there's Jake Virtanen, Nicholas Ritchie, Brendan Perlini and Haydn Fleury.

If those eight go in the top 10, it will mark the first time since 1993 that Canada has played that big of a part of the start of the NHL draft. That year, Alexandre Daigle was the top pick, followed by Chris Pronger, Chris Gratton, Paul Kariya and Scott Niedermayer, and Jason Arnott and Jocelyn Thibeaut were snapped up by Canadian teams at Nos. 7 and 10, respectively.

THE CANADIAN PRESS

Ontario defenceman Aaron Ekblad is expected to go No. 1 in Friday's NHL draft. DAVE SANDFORD/GETTY IMAGES

Kingston, Ont., product Sam Bennett put up 36 goals and 55 assists with the OHL's Frontenacs. GETTY IMAGES

Michael Dal Colle notched 39 goals and 56 assists with Oshawa of the OHL in 2013-14. GETTY IMAGES

Vancouver's Sam Reinhart had 36 goals and 69 assists with the Kootenay Ice last season. GETTY IMAGES

German Leon Draisaitl is the lone non-Canadian expected to go in the top five. GETTY IMAGES

Young hoops hopefuls overshadowed by NBA elite

Jabari Parker and Canadian Andrew Wiggins will be selected near the top in Thursday's NBA draft. JONATHAN DANIEL/GETTY IMAGES

Andrew Wiggins and Jabari Parker aren't NBA players yet and they are already learning their first lesson.

This is LeBron James' league and they will just be playing in it.

A night before they could be the first two selections in what appears to be a deep NBA draft, Wiggins, Parker and the rest of the class of 2014 were sharing the spotlight with James, whose decision to opt out of his contract and become a free agent Tuesday still had the league shaking a day later.

Carmelo Anthony has the same plan as James, and right now they are a 1-2 that Wiggins and Parker can't match.

"They're going to dictate how this draft goes," Parker said Wednesday.

The Cleveland Cavaliers have the No. 1 selection for a second straight year, and either Wiggins or Parker would be an improvement over Anthony Bennett, who had a forgettable first season. Wiggins, like Bennett, is Canadian, and would love to be called first Thursday.

"It'd mean a lot to me. It'd mean a lot to my country, too," the freshman from Kansas said.

When his Jayhawks teammate, Joel Embiid, broke his foot, it strengthened the chances of Wiggins going first. Or perhaps it could be Parker, the versatile freshman from Duke.

Or, as Parker realizes, perhaps the Cavs will decide a trade is the best option.

A deal with Minnesota for Kevin Love would bring the Cavs an all-star and might make a return to Cleveland more appealing for James. So Parker said he would understand if the Cavs dealt the pick.

Perhaps some other team with aspirations of James or Anthony will shake up the draft by making a move that gets them ready for July 1.

"You never know what they want to do," Parker said, "You never know in this business."

Milwaukee picks second, followed by Philadelphia, Orlando, Utah and a couple teams not used to picking this high: Boston and the Los Angeles Lakers.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Don't stand back and watch life pass you by. Aries is a cardinal sign, meaning you have more drive than most, so there can be no excuses for not getting out into the world and making things happen. Go for it!

♉ Taurus
April 21 - May 21
The world is a wonderful place and what happens over the next 48 hours will remind you how much is possible if you have a positive outlook on life.

♊ Gemini
May 22 - June 21
You will get what you deserve today and tomorrow. If you have worked hard you will gain in ways that delight you, but if you have stayed in your comfort zone rewards will be limited.

♋ Cancer
June 22 - July 23
In a matter of days you will be doing things you hardly dared dream of just a short time ago. So much is possible for you now. All it needs is for you to be confident and be ready to act fast when the time is right.

♌ Leo
July 24 - Aug. 23
If there are any ill feelings between you and a loved one, you must sort it out over the next 24 hours. Yes, they can at times be a pain. But bearing grudges is always self-defeating.

♍ Virgo
Aug. 24 - Sept. 23
You will get the proverbial offer you cannot refuse today but if you are smart that is exactly what you will do. The planets indicate that there will be better offers coming your way before the end of the week — and lots of them.

♎ Libra
Sept. 24 - Oct. 23
Tomorrow's new moon will bring with it an opportunity to move up in the world, but it won't come for free. Is it a trade worth making? The fact is you cannot afford not to.

♏ Scorpio
Oct. 24 - Nov. 22
Some people complain that they never get the breaks but you know that's rarely true. What you get out of life has to be earned and over the next three days you'll find the more you give the more you get.

♐ Sagittarius
Nov. 23 - Dec. 21
Use your energy wisely today because if you waste it on trivial things you could pay for it tomorrow. Don't listen to what others say is important, listen only to your inner voice.

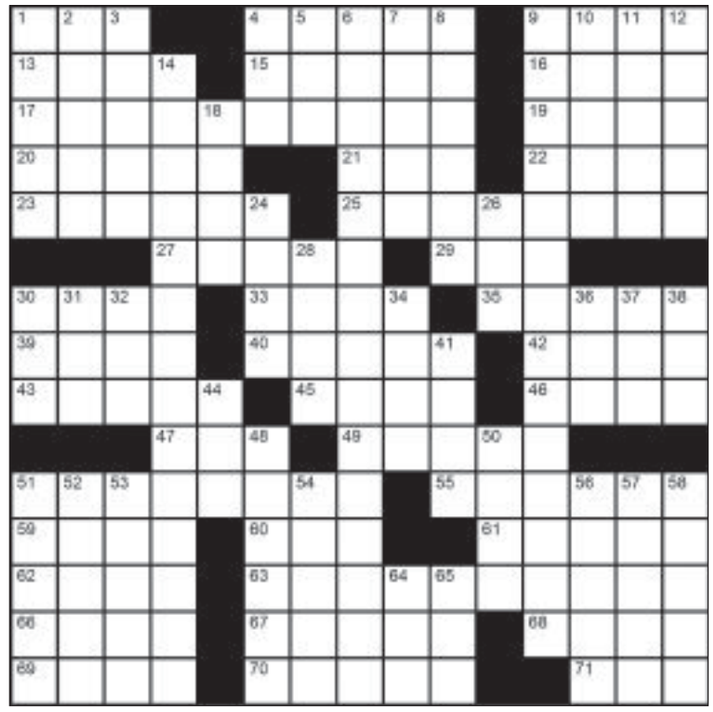
♑ Capricorn
Dec. 22 - Jan. 20
Take what happens today as a challenge rather than a setback. Everything that occurs in your life has a meaning behind it and a lesson to be learned. Fate is rarely unkind.

♒ Aquarius
Jan. 21 - Feb. 19
If you make a mistake today just admit it and move on. Life is a succession of tests and the powers that guide your life do not expect you to pass every one of them, at least not first time. You'll do better tomorrow.

♓ Pisces
Feb. 20 - March 20
The approaching new moon falls in the most dynamic area of your chart, so don't hesitate to take advantage of what happens over the next few days. Remember to use your energy wisely. SALLY BROMPTON

Crossword: Canada Across and Down

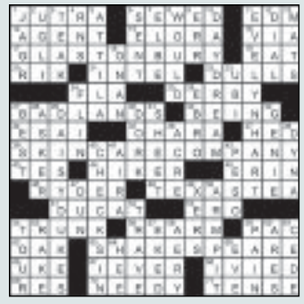
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Goldie, to Kate
4. "Why __ _ __ longer getting a signal?" (Satellite TV user's query)
9. Quick
13. Sarah McLachlan hit
15. Mil. mission type
16. Sailor's call!
17. Newfoundland folk tune: "The __ Soiree"
19. Hawk
20. Ils opposites
21. Vitality
22. Possess
23. "Dynasty" diva
25. Band for Canadian rocker Tom Cochrane: 2 wds.
27. Fennel-like flavour
29. Bolivia's leader Mr. Morales
30. Mountain lake
33. "Paperback Writer" bit: "Based on a novel by a man named __..."
35. Classic 'Degrassi' nicknamed character
39. Cargo platform
40. Madagascar animal
42. Cancel
43. Small role
45. Nero's 602
46. Australian band
47. Cloth
49. Empire of Mexico
51. Fans of Captain James T. Kirk's show
55. Real
59. Large, for one
60. Li'l sandwich
61. Western hit song for Canadian actor Lorne Greene
62. Canadian actress Ms. Matchett
63. Aria, for one: 2 wds.
66. Coup d'__
67. Canadian __ Company
68. Beach's blanket?
69. Dart
70. Avian abodes
71. Lefts opp.

Down
1. "__ _ wish!"
2. "Entertainment Tonight" host Nancy
3. Thousand: French
4. Evita's li'l land
5. Sea: French
6. "...and __ __ __ in the air..." - Joni Mitchell, "Both Sides Now"
7. "__ __ tells us!" (Finally that guys speaks!)
8. __ kick, as in football
9. __ __: The Pleasures and Perils of Dress in the 19th Century (Current exhibition at Toronto's Bata Shoe Museum)
10. Onward
11. Crack
12. MTM's 'T'
14. Three-time Mayor of Halifax who founded a still-existing-today brewery in 1820: 2 wds.
18. "Beauty __ the eye...": 2 wds.
24. Window part
26. Campers, commonly
28. Grape's inner
30. Cdn. place to buy stuff on TV
31. Alias indicator
32. Flange
34. Pablo __ y Picasso (b.1881 - d.1973)
36. Chicago's third-tallest building, __ Center
37. Cereal brand
38. Mr. Asner's
41. Ms. Moreno
44. Tree type
48. Guitar manufacturer
50. Beige
51. Tut-tutted
52. Lasso
53. Poet Mr. Pound's
54. Secretly wed
56. Open, as a cage
57. Broker
58. UK's House of __
64. Meal morsel
65. 'Street's Disciple' artist

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4		3		9				6
			3			1		
		5			8		7	
		7					4	
		2	9		1	8		
	6					5		
	8		4			6		
		1			7			
5				2		7		3

Yesterday's Sudoku

2	4	6	7	5	8	3	9	1
8	3	5	1	4	9	7	2	6
1	7	9	2	3	6	4	8	5
4	1	2	6	9	7	5	3	8
6	5	8	3	2	1	9	7	4
3	9	7	4	8	5	6	1	2
7	6	4	9	1	2	8	5	3
9	8	1	5	6	3	2	4	7
5	2	3	8	7	4	1	6	9

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